

DHMH INTERIM GUIDANCE FOR SWINE FLU SCREENING IN OUTPATIENT SETTING (4-27-09 17:00)

Maryland DHMH's current goal is to screen and identify the extent of swine flu in the state in order to understand its magnitude and contain its spread.

This is a rapidly evolving situation and guidance should be considered interim and will be updated frequently.

If patients call with flu-like symptoms, we ask that providers determine:

- I. **Clinical Criteria:** Does patient meet clinical criteria for influenza like illness (ILI) OR acute respiratory illness? (http://www.cdc.gov/swineflu/casedef_swineflu.htm)
 - A. **Influenza Like Illness:**

FEVER > 100°F and COUGH or SORE THROAT;
 - B. **Acute Respiratory Illness,** which includes at least 2 of the following:
 - i.. rhinorrhea/nasal congestion,
 - ii. sore throat,
 - iii. cough,
 - iv. fever or feverishness.
- II. **Epidemiologic link.** (<http://www.cdc.gov/swineflu>)
That is, does patient have any exposure to known swine flu cases, either via contact with
 - a) Confirmed swine flu case.
 - b) Travel to area with known swine flu (as per daily CDC update)
 - c) Contact with ill traveler from known swine flu site.
 - d) Contact with swine.
- III. If patient does not meet the above clinical and epidemiologic and has MILD symptoms, it is reasonable to have them stay home and recover, with provision of warning signs as to when to seek medical care.
- IV. **Specimen Collection:** If patient (I) meets clinical criteria and (II) has epidemiologic link, DHMH requests that provider **contact their local health department** (Appendix D) and then screen the patient for swine flu (novel influenza A virus). Provider would obtain nasopharyngeal or throat viral swab and place in viral transport media under refrigeration. Next, follow local health department directions for submission to state for laboratory evaluation. State submits to CDC for final confirmation. (see Appendix B).

Note: rapid influenza testing cannot diagnose swine flu. If high clinical suspicion exists and rapid flu test is negative, provider should obtain swab for testing, as above.

- V. **Infection Control:** If patient arrives for medical evaluation, please provide patient with a surgical mask and place patient in a private room. Health care provider should wear respiratory protection and protective eyewear when obtaining nasopharyngeal specimen. Hand hygiene and covering of cough is recommended for patient.
(http://www.cdc.gov/swineflu/guidelines_infection_control.htm)

- VI. **Home Care:** If patient is then discharged to home, patient should isolate self to house until diagnosis is finalized. If patient is confirmed positive, then should remain in isolation until Day 7 of symptoms or 24 hours after resolution of symptoms.
(http://www.cdc.gov/swineflu/guidance_homecare.htm)

- VII. **Treatment and Prophylaxis:** For treatment and prophylaxis, please see CDC guidelines:
(<http://www.cdc.gov/swineflu/recommendations.htm>)

Appendix A CDC Definition of Suspect, Probable, Confirmed Swine Flu

Appendix B. Interim Maryland Guidance for Laboratory Evaluation of Novel Swine Flu

Appendix C. Interim Maryland Guidance for Outpatient Screening of Patients with Possible Novel Swine Flu

Appendix D. Local Health Department Contact List

Appendix E. Patient guidance for self referral.

Appendix A.

Definitions for Infection with Swine Influenza A (H1N1) Virus

1. A Confirmed case of swine influenza A (H1N1) virus infection is defined as a person with an acute respiratory illness with laboratory confirmed swine influenza A (H1N1) virus infection at CDC by one or more of the following tests:
 1. real-time RT-PCR
 2. viral culture
 3. four-fold rise in swine influenza A (H1N1) virus specific neutralizing antibodies
2. A Probable case of swine influenza A (H1N1) virus infection is defined as a person with an acute respiratory illness with an influenza test that is positive for influenza A, but H1 and H3 negative.
3. A Suspected case of swine influenza A (H1N1) virus infection is defined as:
 1. A person with an acute respiratory illness who was a close contact to a confirmed case of swine influenza A (H1N1) virus infection while the case was ill **OR**
 2. A person with an acute respiratory illness with a recent history of contact with an animal with confirmed or suspected swine influenza A (H1N1) virus infection **OR**
 3. A person with an acute respiratory illness who has traveled to an area where there are confirmed cases of swine influenza A (H1N1) within 7 days of suspect case's illness onset.

Infectious period for confirmed cases = 1 day before onset to 7 days after onset of illness

Day before onset = Day -1

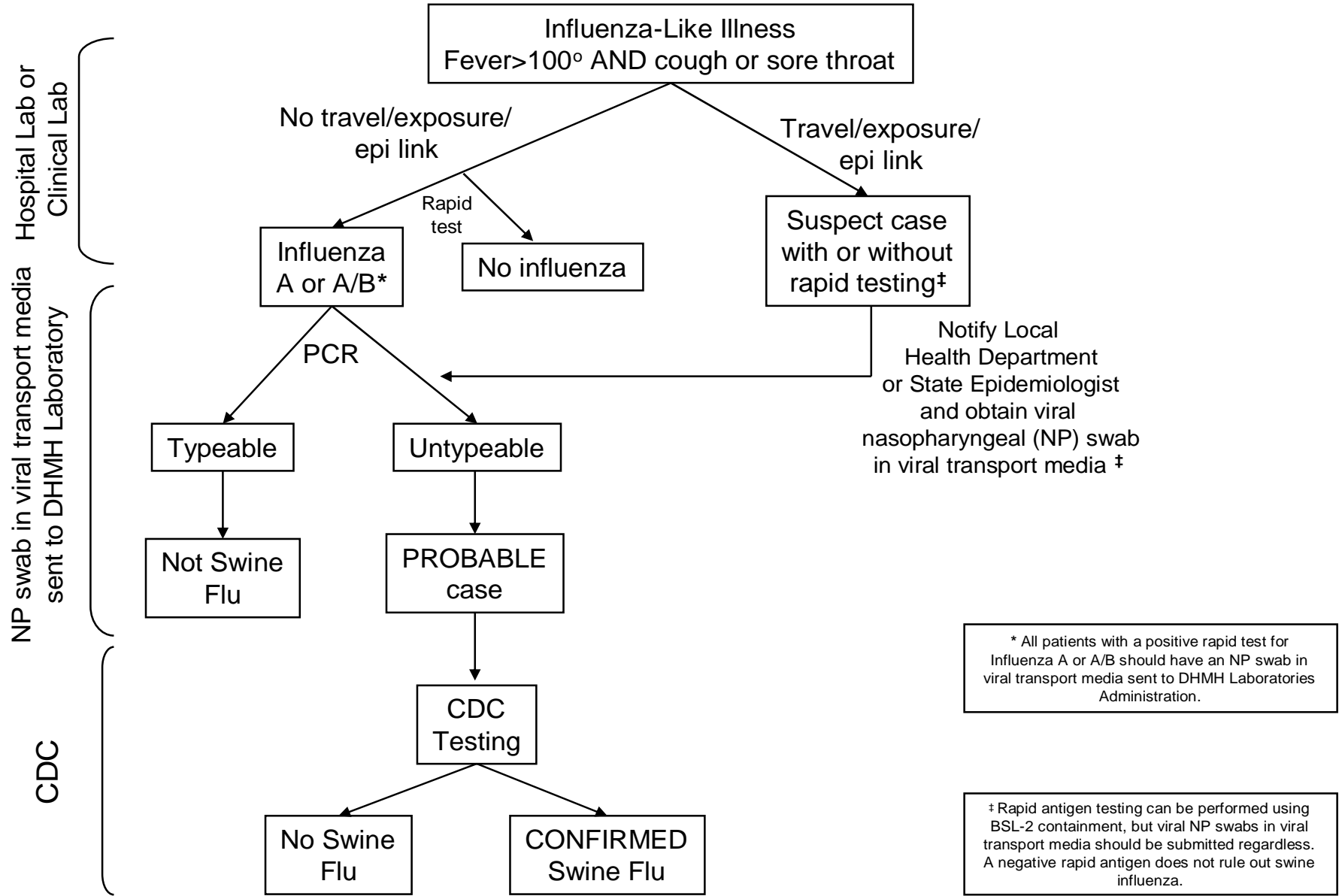
Onset day = Day 0

Days after onset = Days 1-7

Appendix B. Laboratory Algorithm

04/26/2009

DRAFT -- INTERIM GUIDANCE FOR EVALUATION OF POSSIBLE SWINE FLU CASES -- DRAFT
 Maryland Dept. of Health and Mental Hygiene



Hospital Lab or
Clinical Lab

NP swab in viral transport media
sent to DHMH Laboratory

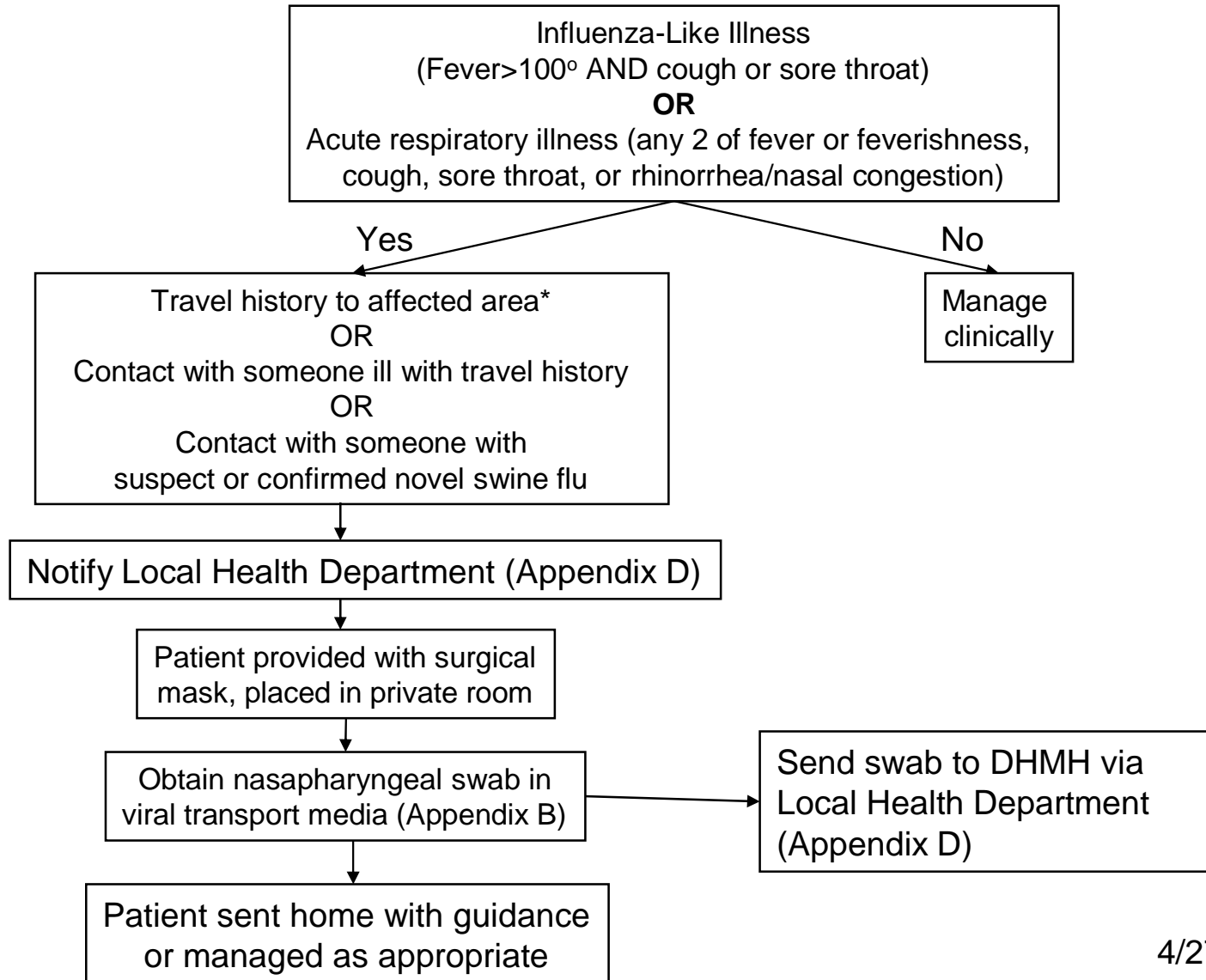
CDC

* All patients with a positive rapid test for Influenza A or A/B should have an NP swab in viral transport media sent to DHMH Laboratories Administration.

‡ Rapid antigen testing can be performed using BSL-2 containment, but viral NP swabs in viral transport media should be submitted regardless. A negative rapid antigen does not rule out swine influenza.

Appendix C.

Interim Maryland Guidance for Screening of Patients with Possible Novel Swine Flu



4/27/2009

Appendix D. List of Maryland Local Health Department Contacts.

Table 3 MARYLAND LOCAL HEALTH DEPARTMENTS Addresses & Telephone Numbers for Communicable Disease Reporting * Telephone (T) or Pager (P) Number for After Hours and Weekend Reporting			
JURISDICTION	ADDRESS	JURISDICTION	ADDRESS
ALLEGANY Ph. 301-759-5112 Fax 301-777-5669 ★T 301-759-5000	PO Box 12501 Willowbrook Road SE Cumberland MD 21501-1745	HARFORD Ph. 410-612-1744 Fax 410-612-9185 ★T 443-243-5726	1321 Woodbridge Station Way Edgewood MD 21040
ANNE ARUNDEL Ph. 410-222-7256 Fax 410-222-7490 ★T 443-481-3140	Communicable Disease & Epi. 1 Harry S. Truman Parkway Room 231 Annapolis MD 21401	HOWARD Ph. 410-313-6110 Fax 410-313-6108 ★T 410-313-2929	7180 Columbia Gateway Drive Columbia MD 21046
BALTIMORE CITY Ph. 410-396-4436 Fax 410-625-0688 ★T 410-396-3100	1001 E. Fayette Street Baltimore MD 21202	KENT Ph. 410-778-1350 Fax 410-778-7913 ★T(410) 708-5611	125 S. Lynchburg Street Chestertown MD 21620
BALTIMORE CO. Ph. 410-887-2724 Fax 410-377-5397 ★T 410-832-7182	Communicable Disease, 3rd Floor 6401 York Road Baltimore MD 21212	MONTGOMERY Ph. 240-777-1755 Fax 240-777-1754 ★T 240-777-4000	2000 Dennis Avenue Suite 238 Silver Spring MD 20902
CALVERT Ph. 410-535-5400 Fax 410-414-2057 ★P 410-586-4051	PO Box 980 Prince Frederick MD 20678	PR. GEORGE'S Ph. 301-583-3750 Fax 301-583-3794 ★T 301-499-8400	3003 Hospital Drive Suite 1066 Cheverly MD 20785-1194
CAROLINE Ph. 410-479-8000 Fax 410-479-4864 ★P 410-819-9795	PO Box 10 403 South 7th Street Denton MD 21629	QUEEN ANNE'S Ph. 410-758-0720 Fax 410-758-8151 ★T 410-758-3476	206 N. Commerce Street Centreville MD 21617
CARROLL Ph. 410-876-4926 Fax 410-876-4959 ★T 410-876-4900	PO Box 845 290 S. Center Street Westminster MD 21158-0845	ST. MARY'S Ph. 301-475-4316 Fax 301-475-4308 ★T 301-475-8016	PO Box 316 21580 Peabody Street Leonardtown MD 20650
CECIL Ph. 410-996-5100 Fax 410-996-1019 ★T 410-392-2008	401 Bow Street Elkton MD 21921	SOMERSET Ph. 443-523-1740 Fax 410-651-5699 ★T 443-614-6708	Attn: Communicable Disease 7920 Crisfield Highway Westover MD 21871
CHARLES Ph. 301-609-6810 Fax 301-934-7048 ★P 301-207-0655	PO Box 1050 White Plains MD 20695	TALBOT Ph. 410-819-5600 Fax 410-819-5693 ★T 410-819-5600	100 S. Hanson Street Easton MD 21601
DORCHESTER Ph. 410-228-3223 Fax 410-901-8180 ★P 410-221-3362	3 Cedar Street Cambridge MD 21613	WASHINGTON Ph. 240-313-3210 Fax 240-420-5367 ★T 240-313-3200	1302 Pennsylvania Avenue Hagerstown MD 21742
FREDERICK Ph. 301-600-3342 Fax 301-600-1403 ★P 301-360-7386	350 Montevue Lane Frederick MD 21702	WICOMICO Ph. 410-543-6943 Fax 410-548-5151 ★T 410-543-6996	Attn: Communicable Disease 108 E. Main Street Salisbury MD 21801-4921
GARRETT Ph. 301-334-7777 Fax 301-334-7771 Fax 301-334-7717 ← ★T 301-334-1930	Garrett Co. Community Health Ctr. 1025 Memorial Drive Oakland MD 21550-4343 (Fax for use during emergencies)	WORCESTER Ph. 410-632-1100 Fax 410-632-0906 ★T 410-632-1311	PO Box 249 Snow Hill MD 21863
STATE Ph. 410-767-6709 Fax 410-669-4215 (for General use, NOT for STD, HIV, or CD4) Fax 410-333-5529 (for Sexually Transmitted Diseases, but NOT HIV or CD4) ★T 410-767-6700 (use if Local Health Dept. is unavailable)		Maryland Department of Health & Mental Hygiene 201 West Preston Street Unit #26 Baltimore MD 21201-2301 ATTN: EDCP - Communicable Disease Surveillance	

Appendix E. The Citizen's Common Sense Swine Flu Check-List

If YOU have a Flu-Like Illness

Including:

Fever > 100°F (37.8°C)

AND

COUGH OR SORE THROAT

And

History of travel to an affected area within 7 days of illness onset

Or

Contact with an ill person fitting the above travel description within 7 days of illness onset

Then Stay Home and CALL your Doctor

IF no link to *affected areas* or *travelers* from affected areas, but you are mildly sick with flu-like symptoms – STAY HOME and recover, unless you have the following worrisome **WARNING SIGNS**:

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Common Sense Precautions Include

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.

- Use paper tissues when wiping or blowing your nose; throw tissues away after each use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.